

Better Supplements Can Improve Joint Pain

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As with any type of supplement, choosing the right joint supplement can make a difference in how well you feel. Many supplements either do not contain the amount of ingredient stated on the label, or do not dissolve properly to allow your body to absorb the ingredients. Picking a high-quality supplement can be tricky, so it is imperative to ensure your supplement contains ingredients that are beneficial. An ideal joint supplement will contain glucosamine, chondroitin, hyaluronic acid, methyl sulfonyl methane, vitamin C, and manganese.

Glucosamine is an amino acid, and a building block for a molecule that helps repair and form new cartilage. A supplement that contains glucosamine ensures that more building blocks are present for more cartilage repair and formation. Chondroitin makes up a large part of cartilage, and is responsible for the elasticity of cartilage. It also prevents enzymes from destroying cartilage. Hyaluronic acid is naturally found in the fluid in joints, and helps maintain viscosity and cushion the joint in order to maintain normal joint function. Hyaluronic acid also has anti-inflammatory and antioxidant properties. Methyl sulfonyl meth-

ane (MSM) is a naturally occurring sulfur compound found in fruit, vegetables, milk, fish, and grains. As our bodies process these foods, the MSM is destroyed. A supplement that includes MSM helps maintain healthy, flexible ligaments.

Vitamin C should also be included in your joint supplement because vitamin C is necessary for the synthesis of collagen. Since vitamin C is destroyed in the process of manufacturing collagen, it is important to replace this vitamin. Manganese should be included as well, because it too is necessary for the synthesis of cartilage and the normal development of bones.

A new ingredient to look for in high-quality supplements is Green Lipped Mussels. These mussels are found only off the coast of New Zealand, and contain glycosaminoglycans (GAGs). GAGs are the main component of cartilage and joint fluid. They promote anti-inflammatory activity, which aids in the reduction of joint swelling. In trials, green lipped mussels reduced symptoms in up to 76% of people with joint inflammation and deterioration.

In addition to finding the right supplement for joint maintenance, it is also beneficial to find a supplement for acute pain and inflammation. Since inflammation is at the root of many other health problems, it is essential to control it. Ingredients like

devil's claw, black currant, willow bark, feverfew, meadowsweet, and birch all have anti-inflammatory properties and help maintain overall well-being. By reducing pain and inflammation, these supplements provide an alternative to taking NSAIDs (e.g. aspirin, ibuprofen), which have more side effects. Remember, supplements are not regulated by the Food and Drug Ad-

ministration, so it is important to choose a quality supplement made by a reputable company. Annie's Apothecary carries DJD Factors for joint maintenance and DoloroX for acute pain and inflammation. These formulas are manufactured by Xymogen, which uses the very highest quality ingredients. Please visit Annie's Apothecary or call (830) 981-4774 for more information.

